

ABSTRACT

Title:

Implementation of choreography of a movement composition for the Žij pohybem competition, category aerobics show.

Objective of the work:

The objective of the work is to describe respective phases of creating a movement composition for the Žij pohybem competition. To make it with regard to the requirements and rules of the competition. To evaluate the success of the composition in the season 2012 on the basis of the results in the competition.

Methods:

To achieve the objective of the work I used information gathered from the study of specialized literature, internet resources and video recordings dealing with this issue. I used suggestions from the work of experienced choreographers and trainers and knowledge from my own choreographic works and activity as a trainer.

Results:

Using the methods described below the work was successfully implemented. The proof of successful implementation of the composition is the score and feedback of the judges from the Žij pohybem competitions.

Kay words:

movement composition, choreography, aerobics, Žij pohybem competition, implementation of a composition